

Definitions:

Sleep Deprivation: not getting enough sleep or good-quality sleep over a short or long period.

Short-Term Sleep Deprivation: missing sleep for one or a few nights, usually due to temporary causes like homework or distractions.

Long-Term Sleep Deprivation: consistently getting too little sleep for weeks or months, often due to lifestyle, medical issues, or habits.

Melatonin: a natural chemical (hormone) your body makes that signals when it's time to feel sleepy.

Blue Light: a type of light from screens that tells your brain to stay awake by reducing melatonin.

Immune System: the body's defense system that fights off germs and helps you stay healthy.

Hormone: a chemical messenger in the body that helps control growth, mood, sleep, and other functions.